

$$R_{\text{eff}} = \frac{\int_0^L \left(\frac{d}{dx} \ln \left| \frac{U_{\text{eff}}}{U_{\text{eff},0}} \right| \right)^2 dx}{\int_0^L \left(\frac{d}{dx} \ln \left| \frac{U_{\text{eff}}}{U_{\text{eff},0}} \right| \right) dx}$$